

**Soldiers capture applause**  
Traveling show entertains appreciative crowds

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# Fort Riley Post



**Civilian employees shape up**  
Test program wraps up with 13 finishers

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Friday, August 12, 2005

America's Warfighting Center

Vol. 48, No. 32

## Around The Army

### Fort Hood:

The Sentinel reported July 28 that Soldiers on post were gaining realistic training in convoy operations by using virtual training devices.

A new Virtual Combat Convoy Trainer allows various members in a unit to interact while making a video convoy in Iraq.

The trainer is the third to be bought by the Army.

For more on this story and other Fort Hood, Texas, news, visit [www.militarynews.com/sentinel](http://www.militarynews.com/sentinel) on the Web.

### Fort Meade:

The Soundoff reported June 16 that family housing residents would begin receiving utility bills that month.

The bills would be sent by Picerne Military Housing for one year to acquaint residents with their utilities consumption.

Actual billing would begin following that year. Residents who consume less energy than the baseline for the type of housing they occupy will receive a credit or payment. Those who use more energy than the baseline will pay the excess cost.

For more on this story and other Fort Meade, Md., news, visit [www.fmeade.army.mil](http://www.fmeade.army.mil) on the Web.

### Fort Knox:

The Turret reported July 21 that a lawyer on post, Capt. Dan Stigall, had won the American Bar Association's Outstanding Young Military Service Lawyer Award.

He received the award while attending the ABA's national convention in Chicago this month.

For more on this story and other Fort Knox, Ky., news, visit [www.turret.com](http://www.turret.com) on the Web.

### Fort Polk:

The Guardian reported July 15 that Louisiana military members and their families could look forward to some extra cash in their wallets.

The Louisiana legislature has created an insurance premium discount program for active military personnel stationed in Louisiana.

Beginning July 1, 2005, authorized insurers offer a 12.5 percent discount on premiums paid by active duty Soldiers, Sailors, Airmen and Marines, Coast Guardsmen and full-time National Guard and Reserve component servicemembers.

For more on this and other Fort Polk, La., news, visit [www.jrc-polk.army.mil](http://www.jrc-polk.army.mil) on the Web.

### Fort Benning:

The Bayonet reported July 15 that the post housed hundreds of evacuees escaping Hurricane Dennis' approach to the Florida panhandle.

About 530 people signed in at the post's hurricane command center. Most were Rangers and their families from the 6th Ranger Training Battalion at Eglin Air Force Base.

For more on this and other Fort Benning, Ga., stories, visit [www.thebayonet.com](http://www.thebayonet.com) on the Web.

## Smith accepts garrison's reins

New commander steps into rapidly changing post environment

By Stephanie Perrin  
Staff writer

Looming grey clouds didn't stop Soldiers, family members and friends from attending the ceremony Aug. 5 to say farewell to a popular commander and mark a new beginning.

The post's new U.S. Army Garrison leader assumed command at the ceremony at Ware Parade Field in front of the post's headquarters building. Col. Thomas Smith succeeded Col. John Simpson, whose next assignment takes him and his family to Texas. He will become G5 Strategic Planner for the Army at Fort Sam Houston.

Soldiers and civilian employees whose focus is to provide support services to Soldiers and family members make up the garrison's command. The command also provides training, readiness and deployability support for three active component combat brigades and support for mobilization and deployment of active and reserve component units.

Smith comes to Fort Riley after an assignment at Fort Leavenworth, Kan., where he served as director of the Combat Studies Institute, Combined Arms Center.

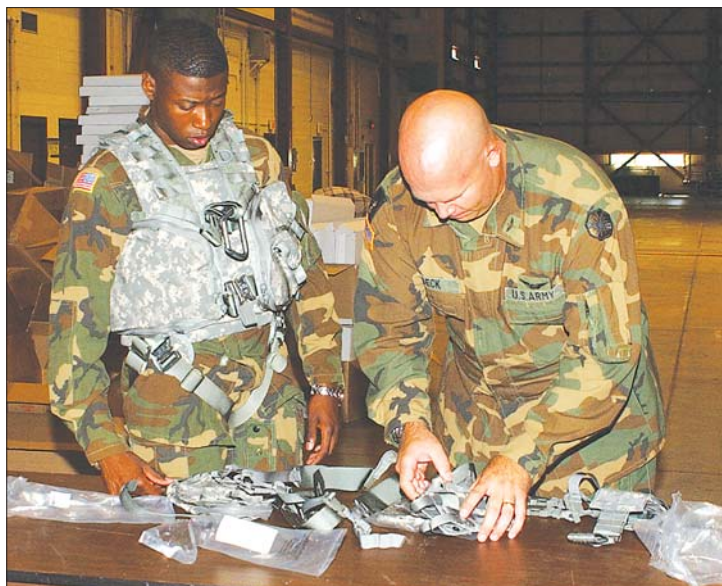
His previous assignments included

See Smith, Page 2



Col. Thomas Smith

## Safer fashion



Post/Perrin

Chief Warrant Officer Christian Beck (right) and Warrant Officer LaMarius Failes unpack pieces of the new Air Warrior Combat Uniforms they were issued July 28 at Hangar 817 at Marshall Army Air Field before a visit from Maj. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mech) and Fort Riley.

## Air crews suit up with new uniforms

By Stephanie Perrin  
Staff writer

Some 70 Soldiers of the 82nd Medical Company (Air Ambulance) can suit up a little more conveniently and feel safer today.

They received new air warrior combat uniforms July 26-28 at Hangar 817 on Marshall Army Air Field.

"All the aviators and crewmembers I've talked to so far have been very impressed and very happy with the new uniforms, very happy," said Maj. Dustin Elder, 82nd Med. Co. commander.

The Soldiers attended a class demonstrating the new features, weapons and equipment included with the air warrior uniforms.

The new uniforms feature a big pouch pocket on the left side and a slimmer

See Uniforms, Page 3

## Soldier killed in Iraq

Explosion claims 56th post casualty

Staff report

Fort Riley suffered its 56th war casualty Aug. 7.

Posthumously promoted Spc. Seferino J. Reyna, 20, of Phoenix, Ariz., was killed near Taji, Iraq, when an improvised explosive device detonated near his military vehicle.

Reyna was a combat engineer with Company A, 70th Engineer Battalion, 3rd Brigade, 1st Armored Division.

He enlisted in the Army in August 2002.

Reyna had been stationed at Fort Riley since May 2004. He deployed with his unit in February 2005 for his first rotation to Iraq.

About 3,600 Fort Riley Soldiers are deployed to support Operation Iraqi Freedom.



Spc. Seferino Reyna

## Guard Soldiers killed

Staff report

Six National Guard Soldiers with the 48th Infantry Brigade, 24th Infantry Division (Mech), died while supporting Operation Iraqi Freedom in Baghdad.

Three Soldiers from the 2nd Battalion, 121st Infantry, died when an improvised explosive device detonated near their "Humvee" while on patrol July 30.

Dead are: Sgt. 1st Class Victor A. Anderson, 39, of Ellaville, Ga. Staff Sgt. David R. Jones Sr., 45, of Augusta, Ga.

Sgt. Ronnie L. Shelley Sr., 34, of Valdosta, Ga.

Three Soldiers from the 648th Engineer Battalion died when a vehicle-borne improvised explosive device detonated near their armored personnel carrier Aug. 3.

Dead are: Spc. Jerry L. Ganey Jr., 29, of Folkston, Ga. Spc. Matthew V. Gibbs, 21, of Ambrose, Ga.

See Guard, Page 2

## Combat readiness

## Sleep loss endangers lives of Soldiers

By Justin Curry

Army News Service

ABERDEEN, Md. — Like food, water, and air, sleep is a necessity. When Soldiers don't get enough sleep, performance suffers and everyone is put at risk.

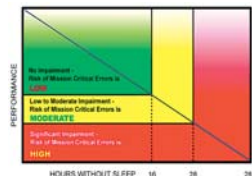
When Soldiers don't get enough sleep, the ability to judge the impact that sleep deprivation has on their abilities is diminished and performance decreases.

**Sleep deprivations may lead to:**

- Falling asleep at the wheel, causing a vehicle roll-over

- Administering the wrong medicine or the wrong dose

- Failing to recognize a threat or reacting too slowly to it
- Transposing digits while entering coordinates into a fire-control system



A sleep-deprived Soldier may make bad tactical decisions. The bottom line is that sleep deprivation can get Soldiers killed.

The longer Soldiers go without sleep, the worse their performance on any number of tasks. In general, a person can sustain normal performance without noticeable impairment for about 16 hours after waking up. After 16 hours without sleep, there is a noticeable decrease in performance.

After being awake for 24 hours, the reaction time is worse than being legally intoxicated.

After 28 hours without sleep, performance

See Sleep loss, Page 3





## Post news in brief

### Job fair canceled

The job fair scheduled for Aug. 18 at Riley Conference Center has been canceled. For more information, contact John B. Coers at the Non-appropriated Funds Human Resources Office, 239-0811.

### Support center sessions slated

Aug. 17 - 9:30 a.m., Community Advisory Council meeting at Riley's Conference Center

Aug. 18 - 6:30 to 8:30 p.m., Family Readiness Group Leader Basic Training, Soldiers and Family Support Center.

For more information, call the Soldier and Family Support Center at 239-9435.

### Family program conference set

The Army Family Action Plan annual adult and youth conferences will be conducted in October to air concerns about life at Fort Riley and to suggest changes that should be made.

The Youth Action Conference will run from 9 a.m. to 3 p.m. Oct. 1 at the Teen Center, Building 5800. The Family Action Conference will run from 8 a.m. to 3 p.m. Oct. 12-13 at Riley's Conference Center.

For more information, call 239-9435.

### Hospital to host nurse briefing

Irwin Army Community Hospital will host an Army Nurse Corps ROTC briefing by Capt. Rebecca Duckwall, Department of Military Science, University of Kansas, on Aug. 15.

The briefing will be at noon in IACH's Education Professional Development Bay on the fourth floor.

Anyone interested in learning how to become a commissioned officer in the Army Nurse Corps, the Green to Gold program and ROTC or who has question about Army nursing is invited to attend.

For more information, call Capt. Duckwall at (719) 526-9264.

**Need something announced? Call the editor at 239-8854. Let's talk.**

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Post/Perrin

Randall Robinson, director of the Northwest Region, Installation Management Agency, passes the unit colors to Col. Thomas Smith, incoming commander of U.S. Army Garrison at Fort Riley, Aug. 5 at a change of command ceremony on Ware Parade Field.

## Smith

continued from page 1

positions as battalion maintenance officer and rifle company commander with the 1st Battalion, 41st Infantry, 2nd Armored Division, at Fort Hood, Texas, and Garlstedt, Germany, 1st Brigade logistics officer and 1st Battalion, 16th Infantry, operations officer with the 1st Infantry Division, Fort Riley, Kan.; and garrison commander, U.S. Army War College, Carlisle Barracks, Pa.

Simpson praised the Soldiers, civilian employees and contractors at Fort Riley for their hard work and dedication to Fort Riley.

"In all changes of command speeches, you have to start with 'thank-you' because I did nothing alone for the last three years. It takes a team, and I'm all about teams ... and I think we have a great Garrison team here at Fort Riley," Simpson said.

The audience applauded and

laughed when Simpson supplied the new garrison commander with some "truths" about Fort Riley. The list included such things as "the traffic circles do work" and "don't ride the Commanding General's Mounted Color Guard's horse, Victory, unless you want a bruised tailbone."

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, expressed his gratitude for Simpson's hard work at Fort Riley and stated his confidence in the new garrison commander.

"Kind of a bittersweet morning, as we say farewell to what has been a tremendous command team for the last 36 months here at Fort Riley," Hardy said. "But also a great morning, because we know in the true Army tradition that we're welcoming another great command team."



Post/Perrin

Col. Thomas "Ty" Smith, incoming U.S. Army Garrison commander at Fort Riley, introduces his wife, Holly, to Col. Kimberly Weaver, commander of the 648th Area Support Group, at the garrison's change of command ceremony Aug. 5 at Ware Parade Field.

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# Simpson heads for Texas

By Mike Heronemus  
Editor

What began in disappointment ended as "the best thing they ever did," said Col. John "Jay" Simpson, who ended three years as Fort Riley's U.S. Army Garrison Commander Aug. 5.

He relinquished command to Col. Thomas "Ty" Smith, who comes to the Army's Warfighting Center from duty at Fort Leavenworth, Kan.

"I'm an armor officer, and they don't necessarily train armor officers to be garrison commanders," Simpson admitted a couple of weeks before he was to turn over his command. "I came out on the command list and was a little bit disappointed. But I will tell you it was the best thing they every did in making me a garrison commander."

In fact, the Army has no program to train any officer to command a garrison. But, as Geoffrey Prosch, principal deputy assistant secretary of the Army for installations and environment, said July 15, the Army is being smarter about selecting smart officers instead of "the oldest and baldest colonel on post" to be garrison commanders. Prosch was at Fort Riley to participate in signing the Residential Community Initiative agreement between Fort Riley and Picnic Military Housing.

Garrison commanders, including Simpson, generally function as city managers or city mayors. That means being responsible for all installation operations from high-dollar construction projects to keeping housing sewer lines and water lines flowing.

Simpson took no personal credit for getting all the work done. "I have all the civilian workforce ... I also have a lot of green-suited that work for me."



Col. John Simpson

have been different than the previous garrison commander's," Simpson said.

The focus of brigade commanders on post might be a little different now, Simpson said, "because the world changed three years ago and we're living with that here at Fort Riley." That means most of the focus is put on making sure Soldiers are trained and prepared to go to war, he said.

"A part of that is ensuring that the families are prepared for it, too," he added. "The previous garrison commander didn't have to worry about that."

Mobilizing reserve Soldiers, 13,000 in the past three years, changed his duties significantly in the past three years, Simpson said. "I provided the resources but I don't do (the training). That's the garrison commander. But what I do for them is take care of the family side of it and take care of the rear detachment command."

Simpson saw many changes on post during the past three years. "Nine-11 prompted significant changes in how the post trained Soldiers. We're shooting more bullets. We're training different types of tactics," he said.

To help commanders accomplish that, the garrison "changed some of our ranges, some of our prioritizations, such as making sure our billets are ready when

Soldiers redeploy. We try to give them the best, to seize opportunities, to use money to enhance those barracks," he said.

With the Base Realignment and Closure announcement in May, Fort Riley learned it would be gaining new brigades and seeing the return of the 1st Infantry Division headquarters. That means "we're growing 9,000 Soldiers over the next year and a half," Simpson said.

To accommodate that growth, the post has been granted \$89 million to improve barracks, for renovation and to build a complex so the mobilization Soldiers and mission can move to Camp Funston, he said.

"A tremendous amount of planning has been done by garrison staff to make sure we're not missing anything" while preparing for the expected growth, he said.

"I'm really proud of the people in the garrison organization. I have been around several installations, even recently, and Fort Riley really has a lot to offer. I heard that before I came," Simpson said.

What others told Simpson, he said, was that, "No. 1, the training capability. Two, the Soldiers that are there and the civilian workforce is first class (and three), the civilian communities that surround Fort Riley ... really do care about Fort Riley and they care about Soldiers."

Simpson's next assignment will be as a strategic planner for Army North (NorthCom) as it organizes to handle a part of the homeland security mission. Simpson will be based at Fort Sam Houston, Texas.

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## Guard

continued from page 1

Sgt. 1st Class Charles H. Warren, 36, of Duluth, Ga.

The 48th Brigade is one of three National Guard enhanced

separate brigades that fall under the command of the 24th Inf. Div. (Mech) headquartered at Fort Riley.

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## Sleep loss

continued from page 1

becomes significantly impaired with the likelihood of critical errors rising to an unacceptable level.

To sustain performance over the long haul, Soldiers need at least six and preferably seven to eight hours of sleep in 24 hours. Soldier performance will degrade over time with less sleep than six hours.

Getting four to six hours of sleep every 24 hours will keep Soldiers in the amber zone, where the risk for mission critical errors is increased, but still at acceptable levels, for periods of

up to several weeks.

Getting less than four hours of sleep will keep Soldiers in the red zone, where the risk for mission critical errors is unacceptably high.

Sleep doesn't have to be continuous. It is preferred that Soldiers have uninterrupted sleep time, but several shorter sleep periods that add up to six to eight hours is adequate.

*Capt. Justin Curry is a psychologist at the U.S. Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md.*

### Tips for sleep management

#### Tips for Soldiers:

- Don't sleep in areas where there is regular activity.

- When sleeping, minimize exposure to noise and light. Wear earplugs or blackout shades.

- Avoid over-the-counter sleep aids that cause grogginess not actual sleep.

- Sleep whenever possible. Even a little sleep is better than none. Several catnaps can add up quickly.

#### Tips for leaders:

- Develop a unit sleep management program that gives Soldiers at least six and preferably seven to eight hours to sleep in every 24 hours.

- Soldiers trying to sleep during the day require longer or more frequent opportunities to sleep to compensate for the body's normal reaction to sleep

cycle disruption.

- Never put Soldiers in a position where they must choose between sleep and something else they would enjoy.

- Arrange sleep schedules that give Soldiers opportunities to sleep at a consistent time.

- **If sleep loss is unavoidable:**
  - Use caffeine. Drink the equivalent of two cups of coffee (200 mg of caffeine) every two to four hours.

- Caffeine use as described will help maintain performance even in the face of moderate sleep loss.

#### Sleep is a necessity:

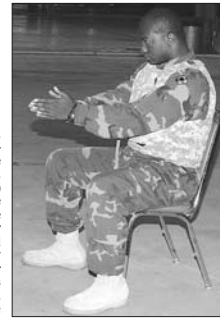
- Your performance begins to suffer as soon as you start losing sleep.

- If you are struggling to stay awake, then your ability to function is already impaired.

**Chief Warrant Officer Christian Beck (right) helps Warrant Officer LaMarius Failes attach the new Air Warrior Uniform July 28 at Hangar 817 at Marshall Army Air Field.**  
*Post/Perrin*



**Staff Sgt. Lanier Patterson of the 82nd Med. Co. (AA) checks the fit of the body armor included with the new Air Warrior Uniforms July 28.**  
*Post/Perrin*



## Uniforms

continued from page 1

pouch on the right. That design makes it easier for pilots and crewmembers to use their right arms.

"Before ... there were big pockets on both sides, and you had to work around them; and it was real uncomfortable," Elder said. "They put the slim pocket on the right so you can move your right arm."

The new uniforms combine several items that Soldiers previously had to put on separately.

"Before, you used to have three or four different pieces of equipment to put on before you went to do a mission," said Chief Warrant Officer Christian Beck, 82nd Med. Co. pilot. "Now you just put on the body armor and the vest."

The body armor includes a detachable bulletproof plate on

the uniform's front for pilots and plates on the front and back for crewmembers in the rear of the aircraft.

The back of the pilots' seats include a kevlar shell, so the pilots' uniforms only require a bulletproof plate in the front. The bulletproof plates are designed to be quickly detached with the pull of a strap.

"If you ever go down over water, you just pull the tab and the plate should come out; so it doesn't weigh you down in the water," said Warrant Officer LaMarius Failes, 82nd Med. Co. pilot.

The body armor without the plate can shield rounds up to 9 mm. With the plates it can shield up to .30-caliber rounds, Failes said.

Pilots also get a new Electronic

Data Manager that attaches around their thighs. Before, pilots attached a paper notebook — "knee board" — to their legs so they could write down their flight times and other information.

The EDMs will allow pilots to record their needed information, view the locations of enemy and friendly aircraft and send instant text messages to pilots thousands of miles away.

"With the EDM, they basically get a moving map at all times ... so on their moving map, they're going to see everybody else that's out there," said Darryl Thompson of Westar Aerospace and Defense Group, the company that developed the EDM.

Each uniform also contains a survival packet with antibiotic ointments, gauze and water. The

survival packets should sustain the Soldier for about 72 hours, Beck said. "Within that time, you should be getting rescued," he said.

Weapons included with the new air warrior uniform include an improved knife, a new seat belt that can be worn on the shoulder, thigh or attached to the vest.

The seat belt knife is curved and was designed to cut straps, seat belts or articles of clothing quickly.

The uniforms weigh about 25 pounds with body armor, equipment and radios, Beck said. "This uniform is a lot more user friendly," said Staff Sgt. Lanier Patterson of the 82nd Med. Co. "I wouldn't feel bad wearing this for six to eight hours."

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# 1001st MPs welcome new commander

By Eric Steggeman

ESU intern

A new commander took the reins of the 1001st Military Police Battalion (CID), 6th Military Police Group (CID), Aug. 10 at Fort Riley.

Lt. Col. Jimmy McConico stepped into the commander's post - his first assignment at the Army's Warfighting Center - after serving in Operation Iraqi Free-

dom.

He succeeded Lt. Col. James Gray, who moved to a position as inspector general at Fort Riley. Gray had previously served as executive officer for Law Enforcement Command and as commander of the 19th Public Affairs Detachment at Fort Riley.

McConico was commissioned in the Military Police Corps in 1987 upon graduation from Benedict College, S.C. He is a graduate of the Military Police Officer

Basic and Advanced Courses, the Combined Arms and Services Staff School, the Army Force Management Course, the Inspector General's Course and the Command and General Staff College.

He served as a platoon leader in the 7th Military Police Company, 7th Infantry Division (Light), and as the 7th Inf. Div.'s protocol during early career assignments at Fort Ord, Calif.

McConico also served in Oper-

ation Nimrod Dancer and Operation Just Cause in Panama. He was the 2nd Infantry Division's deputy inspector general while serving in South Korea.

The new battalion commander is no stranger to the 6th MP Grp. (CID). He served with the group before as an assistant operations officer and as commander of the group's Headquarters and Headquarters Detachment.

After leaving the 6th MP Grp. (CID), McConico became the

operations officer for the 504th Military Police Battalion, 1st Military Police Brigade, at Fort Lewis, Wash.

McConico next served as senior military police observer/controller for 1st Brigade, 87th Training Division, in Birmingham, Ala., before moving on to become military police organizational integrator for G3 Plans at Headquarters, U.S. Forces Command, Fort McPherson, Ga.

In Iraq, McConico served as deputy J3 of Task Force 134 (Detainee Operations), Multi-National Forces-Iraq in Baghdad.

The battalion commander's awards include four Meritorious Service Medals, three Army Commendation Medals, three Army Achievement Medals, two National Defense Service Medals and the Armed Forces Expeditionary Medal.

He also wears the Parachutist Badge.

## Snapshots from Iraq



*100th MPAD/Wester*  
Capt. Mark Jeffery (right), commander of Team 4, Company B, 403rd Civil Affairs Battalion, attached to 4th Battalion, 1st Field Artillery, conducts an economic survey in a market in Taji, Iraq. The economic survey helps monitor pricing and standard of living for the people in the region.



*100th MPAD/Bromley*  
Pfc. Marshal K. Mathis, from Fruit Heights, Utah, transfers fuel from one refueling truck to another at Camp Taji, Iraq, on July 30. Mathis is a petroleum supply specialist for Headquarters and Headquarters Company, 1st Battalion, 13th Armor, 3rd Brigade, 1st Armored Division.

Mission isn't always about searching for insurgents, firefights and clearing houses in urban operations.

Sometimes the mission takes Soldiers to town for economic assessments or out in the heat to keep equipment rolling.



*100th MPAD/Wester*  
Sgt. Chris Ford (left front) of 1st Battalion, 13th Armor, assigned to 4th Battalion, 1st Field Artillery, and Sgt. 1st Class Tom Roach (right), 1st Battalion, 151st Field Artillery Regiment, patrol a market in Taji, Iraq, during an economic survey performed by Team 4, Company B, 403rd Civil Affairs Battalion.



*100th MPAD/Bromley*  
Spc. Mark Ratcliff, a tank mechanic assigned to 1st Battalion, 13th Armor, removes a retaining ring from the end of an M1 Abrams suspension arm. Ratcliff, a native of Akron, Ohio, is stationed in Iraq with 3rd Brigade, 1st Armored Division, as part of Operation Iraqi Freedom 3.

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# Commentary

Friday, August 12, 2005

Fort Riley Post

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## Riley Roundtable

### This week's question:

What was your favorite or least favorite thing about returning to school after summer vacation?



"My least favorite thing is the responsibility of homework. The best part is the guys."

**Tia Byers**  
Civilian Concessionaire  
at the Post Exchange  
Home: Junction City, Kan.



"My least favorite thing was homework. My favorite thing was meeting new people. P.E. was great fun ... I loved dodgeball. Kickball, too."

**Spc. Bradley Hoopingarner**  
Cook  
1st Battalion, 41st Infantry  
Home: Peoria, Ill.



"My least favorite thing is going back to school and all the drama ... like homework ... just the average life of a teenager. The best part is the boys!"

**Selina Jones**  
Civilian Concessionaire  
at Post Exchange  
Home: Junction City, Kan.



"My favorite thing was P.E. I'm an active person, and I love sports."

**Pvt. Brian Jones**  
Combat engineer  
70th Engineer Battalion  
Home: Montgomery, Ala.



"Probably going shopping, getting new clothes and school supplies. My favorite class was math, so any type of calculator or computer was great."

**Sgt. John Millsap**  
Operations sergeant  
331st Signal Company  
Home: Excelsior Springs, Mo.

### Next week's question:

How would you describe someone who demonstrates warrior ethos?

Opinions may be e-mailed to the editor at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil) or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By Bob Blair, LPN  
LACH

August is immunization awareness month. Most health care professionals are the greatest medical achievement in history. Immunizations have literally saved millions of lives worldwide, far more than any other medical discovery.

The history of immunizations dates back centuries. The Chinese have been inoculating for smallpox since the 10th century. In the 18th century, smallpox was the cause of 20 percent of all deaths in London. Dr. Edward Jenner, an English physician, improved the technique and created the first vaccine in 1796.

Vaccines have come a long way since those early days. Many of the vaccines in use today have decreased or eliminated diseases that cause temporary or permanent disabilities or death in mil-



Bob Blair  
LPN

lions of people worldwide. Vaccine-preventable diseases include influenza, pneumonia, meningitis, some forms of hepatitis, polio, measles, mumps, rubella, chicken pox, diphtheria, tetanus, whooping cough, typhoid, yellow fever, smallpox and many more.

New vaccines are being developed, and one day there may be vaccines available for HIV (human immunodeficiency virus), cancer and even common allergies.

Allergy injections are available but usually require a person to receive weekly injections. Most vaccines require a series of

### Personal health

## Immunizations vital to individual's health

inoculations and an occasional booster shot to make them effective.

Vaccines are required for enrollment at most daycare facilities and schools, enlistment and service in the military and to be hired for some jobs. Children should start receiving their first set of immunizations around their two-month well-baby clinic visit.

I would encourage anyone receiving an immunization to ask questions before receiving one. Too often in my own past, I've received injections or family members were inoculated without being told what the vaccine was for or reactions to watch for.

As far as what to expect, the most common complaint with any immunization is a little redness, soreness or swelling at the injection site. A minor discomfort that should last no longer than a day or two is better than the alternative of contracting one of the diseases that could have been prevented by being immunized.

Common misconceptions regarding vaccines are that they are useless (most vaccines are nearly 100 percent effective); that they can actually cause the disease; and they can cause autism. The American Academy of Pediatrics and other credible health organizations have concluded there is absolutely no connection between vaccines and the cause of autism.

I occasionally have people ask why we need to immunize for diseases that have been wiped out in the United States. The reason for continued immunization is because, unfortunately, there are many places in the world that do not. If we were to stop immunizing and someone traveled to one of those countries or someone from that country traveled here, those diseases could cause epidemics.

Perhaps one day there will be no harmful diseases in the world, but in the meantime be wise and immunize.

### Student safety

## Talk to kids about bus safety practices

By Vanita Fiedler  
Installation Safety Office

The summer has come and gone with a flurry. Many of our families are reuniting after a long deployment, and the next thing they know, school bells are ringing. Now is a great time to refresh community awareness on the safety issues of the school year beginning.

If your child will be riding a bus to school, you should take solace in the fact that buses are safer than cars. Even so, last year about 9,000 students were injured in incidents involving school buses.

More often than not, however, these injuries didn't occur in a

crash. They occurred as the students were entering and exiting the bus. Review these safety tips with your children, if they will be riding the bus this year.

When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray onto streets, alleys or private property.

Line up away from the street or road as the school bus approaches.

Wait until the bus has stopped and the door opens before stepping onto the roadway.

Use the handrail when stepping onto the bus.

When on the bus, find a seat and sit down. Loud talking or

other noises can distract the bus driver and is not allowed.

Never put head, arms or hands out the window.

Keep aisles clear. Books or bags are tripping hazards and can block the way in an emergency.

Before you reach your stop, get ready to leave by getting your books and belongings together.

At your stop, wait for the bus to stop completely before getting up from your seat. Then, walk to the front door and exit, using the handrail.

If you have to cross the street in front of the bus, walk at least

10 feet ahead of the bus along the side of the road, until you can turn around and see the driver.

Make sure that the driver can see you.

Wait for a signal from the driver before beginning to cross.

When the driver signals, walk across the road, keeping an eye out for sudden traffic changes.

Do not cross the centerline of the road until the driver has signaled that it is safe for you to begin walking.

Stay away from the bus' rear wheels at all times.

### Letters to editor

## Clarifying guidance on safety apparel

I would like to shed some clarification to an article printed in the Fort Riley Post on July 22 regarding motorcycle safety and proper PPE.

The article stated that a Soldier was delayed entry into Fort Riley because he was not wearing the proper PPE. It refers to the CG's policy letter dated March 2005 and reported that the policy requires the wear of a band of reflective tape be attached to the rider's back or backpack. The article further stated that the access point guards cautioned the Soldier that the "orange reflective vest" he was wearing didn't conform to the Commanding General's policy letter.

When I received my post detail and registered my motorcycle on Fort Riley in May 2005, I was given a copy of this policy letter, which also is available on the

Fort Riley Home page. This policy letter states no reference to a requirement to wear a band of reflective tape on the rider's back. It does however state on page 2, paragraph d, subparagraph (4) A reflective vest: If a backpack or I-bag (sissy bar) covers up or blocks any portion of the reflective vest, then an additional vest will be placed on the outside of that pack/bag.

I feel that this Soldier should have never been delayed and it is a shame that we have access control personnel who do not fully understand the current policy letters.

I made a recommendation on the Fort Riley "ICE" (Access Control Point) and called the Fort Riley Safety Office but did not receive a response from either.

Master Sgt. Ronald R. Suber  
DPTM

### Grunt By Wayne Udden

THERE ARE TWO KINDS OF SERGEANTS, THOSE WHO CAN'T CHANGE THEIR MINDS, AND THOSE WHO WON'T...



### FORT RILEY POST

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### What are your concerns or suggestions for improvement?

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Your name (optional) and phone number (if you would like to talk about your ideas): \_\_\_\_\_



## Post news in brief

### Staff offers resume class

The three-hour Army Resume Builder class offered by the Civilian Personnel Advisory Center has proven to be very popular. Those interested in improving their knowledge of the Army's Resume Builder and improving their Army resume can sign up for the class by calling the CPAC at 239-6004 or by visiting Building 319 during regular business hours.

The next class is scheduled from 9 a.m. to noon on Aug. 19.

### Job class set in Manhattan

The Human Resource Management Network of Manhattan is sponsoring a free resume writing class, interviewing skills building and practice and job application assistance from noon to 1 p.m. Aug. 17 at the Manhattan Workforce Center Conference Room, 205 S. 4th St., Suite 1A, in Manhattan.

The service will be provided on a drop-in, first come, first served basis. Anyone needing assistance with a resume, to sharpen their interviewing skills or advice on completing a job application is welcome to attend.

Everyone attending will receive expert advice from HRMN members, many of whom are recruiters.

For more information, call Karolyn Kitchener at (785) 539-5691.

### ID card center plans closure

The ID Card Center will be closed to the public from 8 a.m. to noon Aug. 15, 16, 17 and 24 in order to handle Reserve unit mobilizations.

Exceptions will be made for previously made appointments and emergencies, such as lost, stolen or expired ID cards, on a case by case basis.

For emergencies, call (785) 239-3654 or 239-3698 and ask for Gary Morris.

### Appointment line down

Due to computer service, Irwin Army Community Hospital's appointment line will be down from 2 to 3 p.m. Aug. 12.

Patients needing to schedule appointments during that time may call the patient assistant desk at 239-7000 for assistance.

### Toastmasters slate meeting

The next Old Bill's Toastmasters meeting is scheduled from 5:30 to 6:30 p.m. Aug. 18 in the Rally Point conference room.

Meetings are free and open to the general public. For information about the meeting call Jim Hill at 761-1130.

### Spouses can use ACAP

Spouses of Soldiers who plan on separating from military service or are exploring the possibility, can use the same ACAP services that their Soldiers can.

Spouses attend a pre-separation benefits briefing, the 3 1/2-day TAP/ACAP Job Search Workshop, job fairs or other special ACAP events and work with a professional counselors to finalize a resume and prepare for interviews.

Call the center at 239-2278 or 239-2248 or stop by Room 6, Building 210 on Main Post.

# KSU professor 'joins' Marine Corps

## Project seeks safe way to detect bombs contained in cars, containers

By Keener A. Tippin II  
Kansas State University

MANHATTAN — The Marines are looking for a few good men ... to assist them in their efforts in the war on terrorism. A Kansas State University professor is one of them.

Bill Dunn, a K-State associate professor of mechanical and nuclear engineering, has been recruited by the Marines to develop a way to improve bomb detection without having to get in close proximity to suspicious containers, such as cars, knapsacks and briefcases, that may conceal explosives.

"The Marine Corps needs what they call 'stand-off' bomb detection," Dunn said. "We're trying to detect explosives remotely, where any people and anything that might be damaged if an explosive device is detonated are far enough away so that they are not injured or can survive the blast."

The device will use pulses of gamma and neutron radiation that go into the target. What comes back, to a large extent, is determined by what is inside.

"Different elements emit radia-

tion of different characteristic energies," Dunn said. "We're trying to detect what comes back from the target and see if it looks like what you would see in an explosive."

"We know what signals come back when we interrogate an object containing an explosive substance; now we're trying to find out the best way to analyze the data to make sure we're correct, that there are explosives on board."

### Container size complicates problem

Dunn said the problem becomes more complicated by the size of the container. Large cars make it easier to hide explosives while it is easier to detect explosives in a briefcase or a knapsack.

"Even if you put other things in small containers, we think we're going to get a set of signals that indicate the presence of explosives if they are there," Dunn said. "With larger containers it can become very complex, but we're still hopeful."

Dunn began working on the project in November 2004 as the

"The technology we are trying to develop for car bombs can also be applied to a brief case, a knapsack or a suitcase."

— Bill Dunn  
Associate professor  
of mechanical  
and nuclear engineering

death toll in the war in Iraq continued to increase due to car and suicide bombings by insurgents. The recent bombings in London — although different from the car bombs — the project initially focused on — give the project even more of a priority.

"The technology we are trying to develop for car bombs can also be applied to a brief case, a knapsack or a suitcase," Dunn said. "Anything that encloses contents, you want to know what those contents are."

Dunn said technologies such as computed tomography that image devices are not appropriate for field use because they require the object to be placed in a housing and they involve high radiation levels.

"In the field these Soldiers do

not have the luxury of being able to put every package inside something and inspect it that way," Dunn said. "We're trying to do this from several meters away; interrogate something from a distance and say, 'that looks suspicious.'"

### Most-used explosives give off ID 'signature'

Dunn said most conventional explosives used in these types of bombs have similar amounts of nitrogen, oxygen, hydrogen and carbon and give off a signature that is characteristic of those particular elements.

In the same sense you aim a flashlight and it sends a beam of light, the detector sends a beam of

gamma radiation — light of a shorter wave-length, higher energy — into an object. The radiation that comes back contains information about what is inside the container. Unlike a flashlight, however, Dunn said the detector would be a little bigger than a hand-held device.

"The military would love to have a hand-held device," Dunn said. "We're not optimistic that we can develop something that would be that light and maneuverable. It's possible over time, however, as we miniaturize things. But what we're trying to develop now would probably be on rollers."

If funding for the project is "dramatically increased," Dunn believes he can have the device ready for field use in about a year. If funding continues at its current rate, he predicts three to four years.

"We think we understand the technology enough. The real thing is analyzing the data in a careful way so that you eliminate false negatives; you don't say that vehicle looks OK and it really has a bomb. We want to be as certain as possible that we detect a bomb if one is present."

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## Snapshots from Iraq



*100th MPAD/Bromley*  
Sgt. Jeffrey Hyre (left) of Moorefield, W. Va., and Sgt. Mark Wardlow, both tank mechanics with 1st Battalion, 13th Armor, put some muscle into the removal of a fitting from the end of an M1 Abrams torsion bar as Spc. Mark Ratcliff (rear) of Akron, Ohio looks on. Hyre, Wardlow and Ratcliff are currently stationed in Iraq with 3rd Brigade, 1st Armored Division from Fort Riley, Kan., as part of Operation Iraqi Freedom 3.

### It's called teamwork

At right: Sgt. Tavarence Jones (front) of New Iberia, La., and Sgt. Tito Vazquez (center), help wrestle a new track onto a Bradley Fighting Vehicle while Staff Sgt. Scot Havar (rear) of Glendale, Ariz., directs the driver to reverse the vehicle. Jones, Rodriguez and Havar are deployed to Iraq with 1st Battalion, 41st Infantry, 3rd Brigade, 1st Armored Division in support of Operation Iraqi Freedom 3.

*100th MPAD/Bromley*



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100th MPAD/Wester

Master Sgt. Lanie Ray Vickers (left), operations noncommissioned officer for Co. A, 490th Civil Affairs Bn., which supports 3rd Bde., 1st Armored Div., inspects the pistol of Spc. Rita R. Raymond, Co. A, supply specialist from Clyde, Texas. Vickers, a Wilkesboro, N.C., native, served 32 years total in active duty and reserve units and was called back from the Individual Ready Reserve to serve in Iraq this year.

## Retired 'sarge' recalled to duty

By Matthew Wester

100th MPAD

TAJI, Iraq – Plenty of Soldiers in Iraq have served two combat tours, but not many served one of those tours in Vietnam.

Master Sgt. Lanie Ray Vickers, operations noncommissioned officer for Company A, 490th Civil Affairs Battalion, which supports 3rd Brigade, 1st Armored Division, is back in a war zone.

The last time he was in combat was 1969.

"Everyone says life is a big circle and I believe it," said Vickers, who was drafted into the Army at 17, served 32 years total in active duty and reserve units and was called back from the Individual Ready Reserve to serve in Iraq.

"I got the bonus tour," the Wilkesboro, N.C., native said. Vickers considers this deployment, "just one more adventure."

The Army has changed in many ways since Vickers began his military career as a Special Forces medic in 1968.

He said Soldiers in the field have more effective protection against enemy fire because of kevlar helmets and individual body armor.

"The IBA is much better. The helmets are better today," he said. "The old steel helmets wouldn't stop a round, but I've got a lot of confidence in the kevlar and the IBA."

Vickers also said the food has definitely improved since the Vietnam era.

"(Meals-Ready-to-Eat) are better than the old C rations. We developed a lot of names for the old C rations," he joked.

Vickers said getting in touch with friends and family was tough back then.

"I remember waiting for a phone for five hours in Da Nang," he said.

Overall, Vickers thinks he is living more comfortably in this war zone than in the jungles he patrolled in Vietnam.

"Here, compared to Vietnam, this is like luxury. You go do your mission, and you come back to great food, an air-conditioned room and a shower," he said. "To

me, it's like living in a luxury combat hotel."

Soldiers also have changed, and Vickers believes that is a good thing.

"In the old, draftee Army there were a lot of people there who didn't want to be (Soldiers). The new Army, today, everybody is here because they want to be," he said. "They've got better attitudes. The Soldier of today is a better Soldier."

For any Soldier, deploying to a combat zone is stressful. That is something that hasn't changed over the years.

"I think the way you feel is pretty much the same," Vickers said. "You're in a strange place, always aware, always cautious, always on guard."

Tactical awareness is something he stresses to the younger Co. A Soldiers who see Vickers as a mentor and valuable part of the unit.

"I've gone to him a lot with questions and stuff like that. He's helped me out numerous times," said Spc. Nicholas Kohl, a public affairs specialist from Rock Falls, Ill. "I look up to him a lot. He is like a fatherly figure."

Vickers assisted Kohl with getting accustomed to firing an M-4 rifle when the company was training to deploy to Iraq. His helpful hints improved Kohl's marksmanship, an essential soldiering skill.

"He is our operations sergeant, so we depend on him for a lot," said Spc. Rita R. Raymond, a supply specialist from Clyde, Texas. "You feel a lot safer because he has a lot of combat experience."

"When we were training, we used him as a sounding board for different scenarios," said Maj. Ana L. Christian, Co. A commander and a Tampa, Fla., native.

The troops also admire his work ethic.

"Not once did I see him go to the back of the (physical training) formation," Kohl said. "He would keep up with the rest of us."

"When we were out in the heat at Fort Bragg (N.C.), he was out there running," Christian said. "He is definitely a 'lead by example' Soldier."

By Chuck Sprague  
Army News Service

CAMP ARIFJAN, Kuwait – An Aug. 1 ceremony officially started operations for a new "Humvee" refurbishment and up-armor facility near Kuwait.

The facility has Army orders to roll out 300 ready-for-combat vehicles per month to support operations in Iraq.

The large, 87,000-square foot air-conditioned warehouse was leased in early June by Eagle Support Services Corporation of Huntsville, Ala., and falls under the Army Field Support Brigade, Southwest Asia.

"Humvees" are transported to the warehouse by convoy from Iraq and receive whatever maintenance is required, along with added armor before their return to combat. To date, more than 20,600 combat vehicles have been up-armored in the Southwest Asia Theater.

"Look around you today and you see vehicles. Not just any vehicles, you see up-armored 'Humvees' ... All of those vehicles tell a story, and in some cases it's the story of men and women that were kept alive by the very fact that they were in an armored vehicle," said Brig. Gen. Kevin Leonard, commander of the Army Materiel Command, South West Asia.

The refurbishment site operates 12 hours per day, seven days per week, and requires a work force of more than 350 workers. Most are mechanics specialized in engine work, air conditioning, transmissions, wheel assemblies and electric motors.

This is the first facility in-theater designed specifically to repair and up-armor "Humvees." Other smaller facilities within Southwest Asia have the ability to up-armor and repair a combination of the Army's tactical combat vehicle inventory.



ANS/Sprague

"Humvees" are staged inside of a new refurbishment/up-armor site near Camp Arifjan, Kuwait, in different stages of repair. The site started operations on July 29 with an Army mandate to repair, up-armor and send 300 vehicles per month back to Iraq for combat.

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## Combined Coalition, Iraqi operations disrupt terrorists

WASHINGTON — Multinational Corps-Iraq operations continue to place pressure on terrorist operations in Iraq, with Coalition and Iraqi security forces conducting more than 182 combined and independent offensive operations throughout the country since late July.

Results from operations conducted between July 30 and Aug. 5 include the discovery and clearance of 109 improvised explosive devices and 32 caches; the capture of 805 insurgent fighters; with the subsequent detention of 493; and the death or capture of 11 foreign fighters.

"These are great successes for the Coalition and Iraqi security forces. The terrorists' command and control will continue to deteriorate as the Coalition forces continue to pressure terrorists and disrupt their operations network," said Col. Jessie Farrington, MNC-1 chief of operations.

Highlights of operations from Aug. 6 and 7 include:

- **In Mosul:** Coalition forces detained two individuals for handing out terrorist propaganda. The two individuals revealed the location of their source and, during a resulting raid, Iraqi police killed one terrorist later confirmed to be a Syrian national. In a combined raid, coalition and Iraqi security forces captured three men connected to terror leader Abbass Fadhel Zangana.

- **Near Hit:** Iraqi Intervention Forces and U.S. Marines captured three terrorists in a truck towing another vehicle modified as a car bomb.

- **In Haqlaniyah:** Coalition forces destroyed a booby-trapped house that contained improvised explosive devices.

- **In Baghdad:** Coalition forces captured a car bomb and four terrorists who were involved in a car-bomb cell. Iraqi forces captured 10 members of a terrorist cell in Sadr City.

## Afghan, Coalition forces stymie terrorist attacks in Afghanistan

WASHINGTON — Afghan and Coalition forces stopped several terrorist attacks on Aug. 5 and 6 when they destroyed three improvised explosive devices in southern and eastern Afghanistan, U.S. military officials said.

The first IED was found near Mehtar Lam, in Laghman province, and was transferred to a nearby company of Marines. The Marines rendered the device safe before transporting it to a U.S. military base to be destroyed, officials said.

The second IED was discovered in southern Afghanistan. Afghan police forces disabled the device, made from an anti-tank mine, before turning it over to U.S. paratroopers assigned to Task Force Bayonet. Engineers safely destroyed that IED a short time later, officials said.

The third IED was discovered south of the city of Ghazni, in Ghazni province, by a coalition patrol. The patrol rendered the device safe and transferred it to a nearby base for destruction, officials said.

In southern Afghanistan Aug. 6, the ANP disrupted an enemy ambush in the city of Qalat, in Zabul province. Afghan police forces reportedly killed one enemy combatant in the brief resultant firefight. One ANP officer was wounded in the attack; he was transported to Kandahar Airfield for treatment, officials said.

## Iraqi, Coalition forces squelch terrorist attacks

WASHINGTON — Iraqi and Coalition forces successfully defeated a coordinated terrorist attack Aug. 5 at an Iraqi army post south of Baghdad, officials said. Six of the terrorists were killed. Twelve were captured.

The terrorists launched the attack with mortar rounds and small-arms fire at 7:55 p.m. Iraqi soldiers returned fire while Task Force Baghdad attack helicopters rushed to the site and engaged the terrorists with rockets and gunfire, officials said.

Almost simultaneously, a suicide bomber drove a truck into a nearby Iraqi army checkpoint. One Iraqi soldier was killed in the explosion. Another was wounded. The driver of the truck also was killed, but U.S. troops suffered no injuries, officials said.

"The checkpoint did what it was supposed to do," said U.S. Army Lt. Col. Clifford Kent, a Task Force Baghdad spokesman. "It stopped a terrorist from carrying out his plot to cause significant casualties and damage."

## Coalition forces seize terror suspects, bombs

WASHINGTON — Coalition forces in Iraq captured seven terror suspects, seized a car bomb being prepared for an attack, and foiled five roadside-bomb attacks during a series of combat operations conducted in Baghdad over a period of two days.

Just before 6 a.m. Aug. 6, Coalition forces seized a car bomb and three terrorists who admitted they were planning to use the car bomb in an attack later in the day. An explosive ordnance disposal team safely detonated the bomb, and the terrorists were taken into custody.

At 3:30 a.m. Aug. 5, Task Force Baghdad Soldiers approached a man out after curfew in the Thawra district of northeast Baghdad. As the patrol neared, the individual ran away. The Soldiers pursued the suspect to his home to question him.

As they were asking the man why he was out after curfew, the Soldiers noticed hundreds of fake identification cards in the house. The patrol searched the house and found four computers and numerous documents thought to be used to create the false IDs. The unit detained the man and another suspect in the house and took them into custody for additional questioning.

Later in the day, just after 1:30 p.m., Iraqi army and Task Force Baghdad Soldiers working together in Abu Ghraib caught two men as they were preparing a site for a roadside bomb. When the combined patrol approached the men, they ran to a nearby house. The Soldiers chased and caught both men, searched the house and found an AK-47 assault rifle with ammunition. Both men were taken into custody for questioning.

Task Force Baghdad Soldiers also found and safely disabled two roadside bombs in different Baghdad neighborhoods before terrorists could detonate them.

*Editor's note: News items were compiled from American Forces Press Service and Army News Service releases.*

# Iraqi women complete Army's basic training

By Thomas Benoit  
Army News Service

CAMP JUSTICE, Iraq — Breathing, squeezing the trigger and keeping the enemy in sight are just a few of the technical shooting techniques taught by 1st Sgt. Amir Jabar Taleb of the 1st Iraqi Army Brigade, 6th Division, to some of the first female Soldiers inducted into the Iraqi Army.

For the first time in Iraq's history, Iraqi leadership at an Iraqi base conducted an all-female Iraqi Army basic training course. During the middle two weeks of July, 27 female recruits received intensive training to learn the necessary skills to become a Soldier.

"They learned how to use weapons, map reading and battle

tactics to engage the enemy during combat," said Brig. Gen. Jaleel Khalaf Shawail, commanding general of the 1st IA Bde., 6th Div.

"An obstacle like inducting female Soldiers into their security force is a very difficult task. Jaleel is trying to accommodate both the cultural sensibilities and the practicality of training these females," said Lt. Col. Mark Kerry, commander of Task Force Bengal of the 256th Combat Team.

The basic training academy is located on Camp Taji, where Iraqi males also are indoctrinated into the security forces.

Instructors Amir and Sgt. 1st Class Mohamad Mohsen Shiheib described the female Soldiers as some of the bravest women in

Iraq, because there are men in this country who are afraid to wear the military uniform.

"Every time I look at the Iraqis, I say to myself, 'Let them do it, let them figure it out.' We should not put an American template on top of them," Kerry said.

The brigade's success will be the template for the rest of the Iraqi Army and inevitably it will help out the entire country, Kerry said. The Iraqi women are fighting and defying cultural trends that are stacked up against them, he added.

Many of the female Soldiers have lost their husbands in previous wars, Jaleel noted. "Even under these circumstances ... they still perform almost the same duties as men."



ANS/Benoit

A newly inducted female Iraqi Army Soldier with the 1st Iraqi Army Brigade, 6th Division, shows her qualifying score to her fellow Soldiers at the firing range located on Camp Justice.

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# Iraqis: Life better but remains dangerous

## Brothers working for Corps of Engineers live cautiously, express hope for selves, nation

By Norris Jones

Army News Service

BAGHDAD, Iraq — Want to know what it's like living in Baghdad today?

Ask two Iraqi brothers who are engineers. They work for the Gulf Region Central District, U.S. Army Corps of Engineers, and are optimistic about their future and their country's future.

Asaad Hassan Al-Jaare and his brother, Hayder, are GRC quality

assurance representatives. One of projects Asaad oversees is the \$10 million, 6,400-square meter Public Order Brigade Headquarters at Forward Operating Base Justice. The project is about 70 percent complete.

Asaad also manages the nearly finished \$2.5 million, 11,500-square meter renovation of the Civil Defense headquarters building in Baghdad.

Hayder's project is the new \$8.5 million, 4,000-square meter

courthouse being built in Baghdad. It is about 15 percent complete.

The brothers were hired to ensure construction at each site meets design specifications, that all materials are of acceptable quality and that workers practice safety procedures by using hard hats, gloves and goggles. About 500 Iraqis on construction crews at those three projects.

Asaad, 28, earned his master's degree in structural engineering and civil engineering in 2002 from Al-Nahrain University-Baghdad. Hayder received his master's in civil engineering from University of Baghdad in 2004 after studying foundations and underground structures.

"We have lived in a closed world most of our lives," Hayder said. "We don't discuss what we do in our home community. We try not to attract attention. We use public transportation because it's the safest way to travel. It takes us an hour or two every morning to get to work. We vary our route to and from the job site."

"The terrorists are trying to stop Iraqi people from having a better life. We hope that the terrorists are defeated, that security is resolved and that everyone can live in peace working together to rebuild our country," he said.

"Because of problems the terrorists are creating, all people in Baghdad are facing the same issues - not having electricity for our air conditioners and refrigerators, no running water for hours at a time, standing in long lines for diesel fuel for our generators or gasoline for our cars, not enough food in the markets, and long waits at security gates."

He explained when terrorists destroy a primary healthcare center, water treatment plant, sewer

plant or electric transmission line, they are hurting Iraqi people.

"Sometimes Iraqis feel angry about the shortages, but this is our destiny and we will get through it," he said.

Asaad and Hayder said they are grateful to the United States for Operation Iraqi Freedom. "They liberated us from Saddam. We now are enjoying opportunities we never had growing up."

Both brothers have first-hand experience with standing up for what is right. When Hayder was first hired, there were some issues about the quality of the work being performed by an Iraqi contractor and his life was threatened. Hayder did not back down and was rewarded for his courage by receiving the courthouse project.

They both mourn the loss of a friend, a fellow engineer, who was recently shot and killed by an unknown assailant.

"We don't know who did it or why. Our enemy is not well-defined. It's hard to imagine the tragedy some of our friends and neighbors are living — a mother loses a son, a wife her husband," Hayder said.

Sometimes, the terrorists destroy a building that took a year to construct. "We need to keep fighting them. The most important thing is to keep going," he said.

Both brothers have studied English since they were in elementary school, and all their engineering classes were taught in English.

"So our writing and reading

skills in English are pretty good," Asaad explained. "But it's our conversational English that we still need to work on."

At night, when they return home, Hayder enjoys getting on the Internet and connecting into a chat room, talking to either Americans or Australians so he can practice and expand his English skills.

Asaad relaxes by getting out his brush, oil colors and canvas and paint a landscape.

Each hopes for the opportunity to earn a doctoral degree at an American university.

Norris Jones is the public affairs specialist at the U.S. Army Corps of Engineers, Gulf Region Central District.



COE/Jones

Asaad Hassan Al-Jaare and his brother, Hayder, oversee a construction project in Baghdad for the Gulf Region Central District, U.S. Army Corps of Engineers

## Mentorship Web site launched

By Beth E. Musselman

Army News Service

WASHINGTON — The new Army Mentorship Community and Army Mentorship Resource Center Web sites are operational and available to those with Army Knowledge Online access.

As part of the new mentorship philosophy, "Leaving a Legacy Through Mentorship," the sites are designed to help bring mentors and mentees together.

All active component Soldiers, reserve component Soldiers, Department of Army civilians, spouses, retirees, veterans and contractors authorized AKO access are encouraged to participate in the program.

"Mentorship is not a new concept and has been a part of Army culture for years," said John McLaurin, deputy assistant secretary of the Army for human resources. "It is an extremely powerful tool for personal and professional development; it improves competence, leadership skills, self-awareness, morale and retention."

Within the Army Mentorship Community, there are multiple tailored mentorship forums. Each forum offers the opportunity for open dialogue between voluntary

mentors and those seeking advice, guidance and mentorship.

In these forums, open discussions are highly encouraged in order to help others develop and grow personally and professionally.

The Army Mentorship Resource Center offers valuable information for mentors and mentees, including related arti-

cles, a mentorship handbook, a sample Individual Development Action Plan and a searchable mentorship profile server for mentors.

Interested individuals can visit the Army Mentorship Resource Center at [mentorship.army.mil](http://mentorship.army.mil). From this site the browser can log on to the AKO Army Mentorship Community.

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# Fort Riley Sports & Recreation

Friday, August 12, 2005

America's Warfighting Center

Page 11

## Sports news in brief

### Raceway offers discount tickets

All general admission adult spectators will get into Whiskey Lake Raceway adjacent to Marshall Army Airfield Aug. 12 for \$5. Children ages 6 to 12 will be admitted for \$3 each, and kids under age 6 get in free.

Whiskey Lake Raceway will switch to racing on Sunday afternoons beginning Aug. 21 with the gate opening at noon and racing starting at 2 p.m. The season is proposed to continue until October but will depend upon continued racer and fan interest.

### Flag football begins soon

The 2005 Fort Riley company-level flag football program will be conducted Sept. 6 through Nov. 7.

Each company commander is authorized to enter one team for competition. The commander or his representative must submit a letter of intent to participate not later than the close of business Aug. 26.

Forms are available in the sports office at King Field House.

For more information, call Barry Sunstrom at 239-3945.

### Skating special offered Aug. 18

Riley Wheels skating rink will offer skaters a special way to say goodbye to summer. On Aug. 18, the rink at King Field House will offer a \$2 per person Back to School Special between 1 and 3 p.m.

For more information, call 239-2243.

### Battalion-level bowling slated

The Fort Riley battalion-level bowling tournament will be conducted Sept. 19-22 at the Custer Hill lanes.

Each battalion commander is authorized to enter two men's teams and one women's team.

Team rosters will consist of not more than four bowlers and one alternate. Rosters will include full name, rank and unit of each member. Rosters must be submitted to the sports office in King Field House no later than close of business Sept. 13.

For more information, call Barry Sunstrom at 239-3945.

### Youth services sponsors camp

Child and Youth Services at Fort Riley is sponsoring a Youth Volleyball Camp Aug. 15-19. The registration fee for fifth- through sixth-graders is \$20. The camp will be from 5:30 to 6:30 p.m.

Registration fee for seventh- and eighth-graders is \$25 and the camp will run from 6:30 to 8 p.m. Aug. 15-19.

All participants must be registered with CYS and have paid the annual \$18 fee.

All participants also must have a sports physical form on file at the time of registration. The form must clearly state that the child is medically sound to participate in sports. This form must be dated on or after Aug. 12, 2004. Stop by Central Registration to pick up the proper form.

Register for the camp at the Central Enrollment Registry, Building 6620, Monday through Friday from 1 to 5 p.m. For more information call 239-9223 or 239-4847.

## Reservists earn German badges



**Master Sgt. Sean Beaudette of the 648th ASG, participates in the high jump event of the military proficiency competition, where he earned a bronze badge.**

Courtesy Photo

### Special to the Post

648th ASG

Three Reservists with the 648th Area Support Group mobilized at Fort Riley earned German Armed Forces Badges for Military Proficiency in competition at Camp Dodge, Iowa, late in July.

Sgt. 1st Class Donald Love earned a gold badge, Sgt. Maj. Eric Meier earned a silver badge and Master Sgt. Sean Beaudette earned a bronze badge.

Meier, 46, was the oldest Soldier to earn a badge.

Several individuals, and groups

participated in the four-day athletic and Soldier skills event. A combination of 130 active duty Soldiers, Reserve and National Guard Soldiers, Individual Ready Reserve Soldiers and ROTC cadets participated from posts, universities and drill centers from as far away as Alaska, Arizona and California on the West Coast to ROTC units from Boston to Pennsylvania on the East Coast.

The Midwest and South were represented by the 89th Regional Readiness Command's area of responsibility: Iowa, Nebraska and Fort Riley.

Love, Meier and Beaudette

were the only three Soldiers representing the 648th ASG and the 89th RRC.

Members of the Iowa and Nebraska National Guards and seven Soldiers of the 101st Airborne Division (Air Assault) at Fort Campbell, Ky., also participated. One Air Force active duty officer represented his service and earned a Gold badge.

More than 160 Soldiers registered for the grueling four-day event of swimming, track and field events, pistol shooting and rucksack marching. One hundred thirty Soldiers showed up to compete, and 51 earned badges.

## Fit for life

### Post civilians participate in new fitness program

By Stephanie Perrin

Staff writer

Thirteen civilian employees at Fort Riley got paid to get in better physical shape.

Through enrollment in the first My Life Fitness Program, the participants received three hours of administrative leave each week to take part in fitness-related activities.

July 1 marked the conclusion of the six-month program for the Directorate of Morale, Welfare and Recreation employees.

"The first program that we ran was piloted through DMWR employees only," Fitness Program Manager Kim Miller said.

A briefing is planned for the end of August to offer information about the next My Life Fitness Program, which will be open to all Fort Riley Department of

the Army Civilians. The program is estimated to begin in November.

"The My Life Fitness Program is a civilian health promotion program," Miller said. "It authorizes civilian employees to participate in a formal exercise program for up to six months, and they receive three hours a week of duty time (to do that)."

The participants initially received a pre-assessment, which tested their resting heart rates, blood pressure, cardio respiratory capacity and strength and agility tests. Personal workouts and training programs were then created for individuals based on their pre-assessments.

"The pre-assessments tested their abilities to help determine what their current fitness levels were," Miller said.

Weekly classes were offered throughout the six months to help educate the participants about the benefits of a healthy lifestyle. The voluntary classes covered such topics as diet and nutrition. The classes also were designed to help the participants maintain a health lifestyle after completion of the program, Miller said.

The participants were required to provide a monthly activity roster, signed by their supervisor. The roster showed how the employees obtained their three hours of fitness for each week.

"They have to be fitness-related activities," Miller said. "They can walk in their local area, go to the gym or play things like tennis or racquetball."

Thirteen of the 23 DMWR employees enrolled completed the program. The majority withdrew from the program because of a permanent change of station or they accepted a position outside of DMWR, Miller said.

The participants were required to attend a post-assessment upon completion of the program. The assessment tested their progress since the initial pre-assessments. The male and female participants with the most improvement will receive awards, Miller said.

"It's not meant to be a program so that someone can have three hours off of work every week to exercise," Miller said. "It's meant to be a program that's a benefit to the employee; to take this time to change their lifestyle and live healthier."



**Gabrielle Laucks, DMWR employee, runs on a tread mill Aug. 6 at King Field House. Laucks was one of 13 DMWR employees who completed the six-month My Life Fitness Program July 1.**

### Program finishers

Kristi Moneyperny

Barry Sunstrom

Louis Wawrzyniak

Gabrielle Laucks

Heather Coffman

Lillian Flegle

Teresa Mayes

Dori Farrow

Reed Scott

Beth Ernst

Maureen Riggs

Scott Scherberger

Marilyn Paras



## 41 mussels species found native to Kansas area

By Alan Hynek

Fish and Wildlife Biologist

Monkeyface, Pimpleback and Fat Mucket are colorful names for three of 41 species of mussels native to Kansas.

Freshwater mussels are frequently overlooked as native wildlife in Kansas. However, the roles they play in our aquatic systems are very important and equally as interesting. Some species can be found throughout the entire state, while others are limited to specific drainages.



Alan Hynek

where all 41 species can be found.

### On the Wildside: News About Nature

Mussels are an important component of the aquatic community. They constantly filter water, making them excellent indicators of aquatic health. A large mussel like the heelsplitter can filter up to a gallon of water in a day, removing sediments and small organisms from the water. It can also lead to their demise if pollution is a problem in the stream.

Reproduction amongst freshwater mussels is fascinating and unusual. After a short incubation,

the young mussels (glochidia) are released into the water. There they must find and attach to the gills of certain species of fish. Some mussels can use a number of host fish while others can only use one. If one or more host fish disappear from the stream, the mussels will be unable to reproduce and eventually will die out.

Mussel shells have been used for a variety of things over the years. The plains Indians ate mussels and used the shells for a variety

of items, especially for digging and scraping.

More recently, buttons were made from thick-shelled species. In fact, Missouri and Kansas led the nation at one time in buttons produced from mussel shells. You may notice that many modern buttons try to mimic the coloration and texture of the once-popular shell buttons. One of the biggest button factories in the United States was in Iola, Kan.

Currently, the harvest of mussels in Kansas is regulated by size

See Mussels, Page 12







## Sports news in brief

### Business to host sand volleyball

Geary Rehab & Fitness in Junction City will host its first Co-ed Sand Volleyball Tournament Aug. 19-21 at the Sonic drive-in restaurant in Junction City.

Fort Riley Soldiers and or families are invited to participate.

The \$50 registration fee and all proceeds go to support the Junction City Sports Association. The top three teams will win trophies and prizes.

Deadline to sign up is Aug. 16.

For more information, call Kristy Eickholt, fitness manager at Geary Rehab & Fitness, at 238-3747.

### Sports, swim activities slated

**Fridays** – 7 to 10 p.m., open session roller skating, Riley Wheels Skating Rink at King Field House

**Aug. 15, 17** – 5:45 to 6:45 p.m., cardio pump aerobics

**Aug. 15, 18** – Noon to 1 p.m., fitness yoga

**Aug. 15-19** – 2005 Fort Riley battalion-level racquetball tournament

**Aug. 16** – 9:45 to 10:45 a.m., Cardio Training Express I

**Aug. 16** – 6:30 to 7:30 a.m., PT power time

**Aug. 16** – 7 to 8:30 p.m., Mommy & Me at the Main Post pool

**Aug. 18** – 9:45 to 10:45 a.m., Cardio Training Express II

**Aug. 19** – 8 to 10 p.m., Family Fun Night at Custer Hill pool

### Range open for weekend

Fort Riley's Range 9 for privately owned firearms is open for use on weekends by authorized patrons. Confirmed open dates are Aug. 13 and Aug. 20, weather permitting. The range may be open other days or those confirmed dates may change.

Anyone wanting to use the range should first check with Outdoor Rec at 239-2249 to confirm the range is open.

The range is usually open despite inclement weather. If the range is to be closed because of severe weather or extreme cold or heat, the range officer scheduled for duty will notify Range Control and Outdoor Recreation.

Military police man the gate to the range area and inspect for range pass and that all weapons have the proper Provost Marshal's Office registrations. The vehicle pass for the range can be picked up at the Outdoor Recreation Center.

Firearms owners also can register weapons at the Outdoor Rec Center, although it is recommended owners take a list of their weapons and serial numbers they wish to shoot at Range 9 to the PMO's Physical Security Office. Staff in that office will issue the proper paper work once the process is completed.

All users of the POF Range must possess a valid Department of Defense ID card and a Fort Riley weapons registration form for their firearm. All users of the POF range must have a valid POV pass before driving north of Vinton School Road.

All shooters must bring their own hearing protection. No water is available at Range 9. Target stands and targets are available at no charge at Range 9.

### Tuttle Creek Cove closed

Tuttle Creek Cove Park closed Aug. 1, Corps of Engineers officials have announced. The park had closed this spring for the first construction phase of a new campground. The final phase of construction began Aug. 1. Construction is expected to last six months and the park will be closed to all public use, including all vehicles and people on foot.

Once completed, Tuttle Creek Cove Park will have 39 new campsites with full hookups, a new shower building and vault toilets, a sanitary dump station and an entrance station.

### Rec Center staff plans canoe trip

The Outdoor Recreation Center staff will be offering a canoe trip Aug. 20. The trip will start at 9 a.m. and participants will be home around 3 p.m.

The \$15 fee includes canoe, paddles, life vest and transportation to and from the Outdoor Recreation Center.

For more information or to register, call 239-2363.

### Cross country season set

The 2005 Fort Riley battalion-level cross country championship will be run Sept. 15 at the Custer Hill Golf Course. The championship will be conducted in the following divisions of competition:

**Women's Open Division** – Each battalion commander is authorized to enter one team consisting of five members. Four members will be counted for team scoring.

**Women's Masters Division** – The age cutoff for the Masters Division is 35 years old as of Sept. 15, 2005.

**Men's Open Division** – Each battalion commander is authorized to enter one team consisting of seven members. Six members will be counted for team scoring.

**Men's Masters Division** – The age cutoff date for the Masters Division is 35 years old as of Sept. 15, 2005.

Starting time for the Women's Open Division and the men's and women's Masters Divisions will be 3 p.m. Starting time for the Men's Open Division will be 3:45 p.m.

A roster of battalion team members and all individual registrations must be submitted to the sports office in King Field House no later than Sept. 13.

The women's divisions and Men's Masters Division course will be about 2.6 miles. The Men's Open Division course will be about 5.2 miles.

For more information, call Barry Sunstrom at 239-3945.



Cincinnati-Hoag

## NASCAR practice

Army driver Joe Nemecek and his crew roll out the No. 01 Chevrolet for practice Aug. 6. Nemecek finished 28th the next day in the Allstate 400 at "the Brickyard" – Indianapolis Motor Speedway.

## Mussels

continued from page 11

and species. Most harvested mussels go to the cultured pearl markets overseas.

Freshwater mussels come in all shapes and sizes. In Kansas, the largest is the white heelsplitter that can get up to eight inches in diameter. One of the smallest is the fawnsfoot that gets no much bigger than a half-dollar. The most common are the pond mussel and mapleaf.

Mussels are very long-lived, with some reaching more than 120 years old, with 50-year-old mussels being fairly common. Counting the growth rings on the

shell will give the approximate age of the individual, although some rings are difficult to distinguish. The most difficult rings to count are the ones on the outer part of the shell.

Some of the least common mussels in Kansas include the rabbitsfoot, elktote and mucket. Two species, the black sandshell and the hickory nut, were once common to the state but are now completely extirpated. Relics of the hickory nut and black sandshell can be found at the Kansas River on Fort Riley.

While tempting, it would not

be a good idea to cook up a mess of Kansas clams. Because they are so long-lived, they can accumulate a high degree of pollution and sediments and generally do not have a good flavor.

One that can be eaten is the Asiatic Clam, which is not native but fairly common in the state's waters. However, it may be difficult to find many bigger than a silver dollar.

For more information about freshwater mussels in Kansas and on Fort Riley, stop by the Conservation Office, Building 1020, or call 239-6211.

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# Fort Riley Community Life

Friday, August 12, 2005

America's Warfighting Center

Page 13

## Community news briefly

### Spouses' club to host tea party

The Fort Riley Officers' and Civilians' Spouses' Club will host a welcome tea from 10:30 a.m. to 1 p.m. Aug. 18 at Quarters One on Barry Avenue.

Dress will be casual - simple dress or slacks. For childcare, call Debra Parker at 784-2793. Childcare will be available on a first come, first served basis through the Armed Services YMCA and the Child Development Center on post.

### Parents offered workshops

Two workshops will be available on post to help parents deal with their pre-teens and teenagers.

One workshop will compare issues relating to teens of yesterday and teens today. Topics also include drugs, sexuality, violence and the power struggle between parents and teenagers. Another workshop will cover responsibility and discipline, cooperation and communications and how problems offer opportunities for learning.

The post's Family Advocacy Program is sponsoring the workshops from 4 to 6 p.m. Sept. 10 and 17 at the Teen Center, Building 5800.

Free childcare for younger children will be provided with advance registration and presentation of an up-to-date immunization record.

For more information, call 239-9435 or visit the Soldier and Family Support Center, Building 7264, between 7:30 a.m. and 4:30 p.m. Monday through Friday.

### Spouses plan annual picnic

The Fort Riley Enlisted Spouses' Club Family Picnic will be from 2 to 4 p.m. Aug. 20 at McCormick Park on post. All enlisted spouses and their families are welcome to attend, whether a member of ESC or not.

Plans are to have ice cream, face painting, tattoos and a moon bounce while providing a way for enlisted spouses to meet others and find out what the ESC is all about.

For more information, contact Jessica Gamez at [escpresident@hotmail.com](mailto:escpresident@hotmail.com).

### Teens sought as youth sponsors

Fort Riley's Youth Sponsorship Program matches relocating military teens with teens living on post. It allows youths to contact, communicate and connect with one another before or during their arrival. Sponsors can earn volunteer hours, meet new friends, participate in fun activities and help out a fellow military youth.

Teens in grades six through 12 who would like to become a Youth Sponsor or want to request a Youth Sponsor should call 239-9222, stop by the Teen Center in Building 5800 or visit the Teen Center Web page on the Fort Riley Web site for more information. Activities planned for the Youth Sponsorship Program include:

**Aug. 13** - 3 to 6 p.m., Newcomers tour of Junction City, Manhattan and Fort Riley

**Aug. 19** - 7 to 9 p.m., Back to School party

**Aug. 27** - 3 to 6 p.m., Newcomers tour of Junction City, Manhattan and Fort Riley

**Aug. 27** - 6 to 8 p.m., Family potluck

## Open House, Apple Day set for Oct. 1

By Jay Baker

Public affairs intern

Fort Riley's Open House and Apple Day is scheduled from 9 a.m. to 3 p.m. Oct. 1 at Cavalry Parade Field.

Apple Day coincides with the post's open house, which will give post residents and the public an opportunity to learn more about what goes on at Fort Riley and to enjoy a wide variety of activities,

demonstrations and entertainment.

The first Apple Day was held separately 19 years ago. It has since become a post tradition, said Rhonda Lysinger, Historical and Archeological Society of Fort Riley Apple Day chairperson.

Apple Day offers frozen apple pies made according to "Libby's" recipe for sale before and during the open house and slices of baked apple pie for sale during the open house. It is HASFR's

largest fundraiser and supports group activities such as the Ghost Tours, Tour of Homes and archaeological digs, Lysinger said. HASFR also offers scholarships, and it all begins with Apple Day, she added.

Apple Day planning "has started and is pretty intense. Volunteer sign-up packets are going out to family readiness groups right now. We've placed our grocery order with the commissary and we are

printing the flyers," Lysinger said. Lysinger said the group's goal this year is to make 1,000 pies during a pie-making marathon Sept. 26-29. She said volunteers will work in three shifts each day: 9 a.m. to 11 a.m., 11 a.m. to 1 p.m. and 6 to 9 p.m. at Building 8063.

"We need about 300 volunteers to turn about 7,500 apples, 820 pounds of sugar, 224 pounds of margarine and 42 bottles of cinnamon into 1,000 pies in just four

days," she said.

"If we do not get enough help," Lysinger said, "we will know it by the second day, and we will just have to work harder."

"The open house and Apple Day is a great way for Fort Riley to show everyone what a wonderful post we have," Lysinger said.

Anyone interested in HASFR's pie making marathon should send e-mail to Lysinger at [hasfrvents@hotmail.com](mailto:hasfrvents@hotmail.com).

## Army on tour



Post/Blackmon

The Soldiers of the 2005 U.S. Army Soldier Show wrap up their performance of "Car Wash" in K-State's McCain Auditorium Aug. 4.

## 2005 Soldier Show stops by Manhattan

By Stephanie Perrin

Staff writer

A typical day for most Soldiers probably doesn't include applying layers of make-up or practicing choreographed dance routines, but for the Soldiers in the 2005 Army Soldier Show, it's just another day at work.

Soldiers in "Operation America Cares" went on stage at Kansas State University's McCain Auditorium Aug. 3 and 4 at McCain Auditorium. Admission to see the show that's making a six-month long tour of military installations was free.

The performance featured the talents of 16 active duty Soldiers from units throughout the Army. The Soldiers entertained appreciative audiences with their singing,

dancing and instrumental appearances.

New cast members are selected each year from application packages that include videotapes, biographies, photographs and letters of recommendation from their commanders. Finalists travel to Fort Belvoir, Va., for live auditions. The selected Soldiers are attached to the U.S. Army Community and Family Support Center's Army Entertainment Detachment for the duration of the show.

Once on the road, the cast and crew unload, set up, dismantle and reload up to 18 tons of equipment at each performance location.

This year's performance included lyrics ranging from Janice Joplin to present day hits by Gretchen Wilson and John Mayer.

See Show, Page 16



Post/Blackmon

From left: Staff Sgt. Joanne Makay, Spc. Sarah Perret and Spc. Christina Westman sing during the 2005 Soldier Show Aug. 4.



Post/Sieggeman

Michelle Sabitski slides down a water slide at the Fourth Annual Ja-Ma-a Me Clean Luau Aug. 6.

## Youth enjoy luau

### Centers host 'Ja-ma-a Me Clean' event

By Stephanie Perrin

Staff writer

Attendees dressed in flowered leis, grass skirts and swim suits for the Fourth Annual Ja-ma-a Me Clean Luau Aug. 6 at the Fort Riley Teen Center.

Child and Youth Services, Army Substance Abuse, Army Community Center and the Boys and Girls Clubs hosted the luau.

"We host the Ja-ma-a Me Clean luau for children who choose to abstain from drugs," said Nicole Sizemore of the Soldier and Family Support Center. "This event is to reward the children for making good choices."

The free celebration included hot dogs, a water slide, dunk tank, an inflatable obstacle course and a disc jockey playing music.

Organizers devised the event.

See Luau, Page 14

### Marriage and Military Life

## Counting the human costs: Military compensation

By Gene-Thomas Gomulka

Retired Navy chaplain

Dear Gene-Thomas,

My husband is an E-4 and we have two children. The money I make to supplement our income is offset by the \$1,600 we pay a month for childcare on base. In addition to exceeding our monthly Base Allowance for Housing by \$300, the high summer temperatures have increased our utility bills, not to mention how increased gas prices have made my husband's commute to base even more expensive. While we

### About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military," available at [www.plaintec.net](http://www.plaintec.net)

Have a question? Write Gene-Thomas at [letters@plaintec.net](mailto:letters@plaintec.net)



have a budget that we follow, I don't know how we are going to make ends meet after having learned that I'm pregnant.

— Jane

Dear Jane,

Your letter raises an important question in regard to just military compensation. According to a report issued in July by the Gov-

ernment Accountability Office, military compensation increased by 29 percent since 2000. Their report was similar in many respects to a report issued in February 2005 by Steven M. Kosiak with the Center of Strategic and Budgetary Assessments. He wrote, "Attracting and retaining sufficient numbers of personnel, with the right talents, skills and levels of experience, will require providing competitive compensation packages."

Both reports noted how, unlike civilian compensation packages, military compensation "is heavily skewed toward non-cash, and

especially non-cash deferred, benefits." According to the reports, non-cash benefits such as medical benefits, base housing and retirement pay, account for more than half of military compensation for the average active duty service-member.

Unfortunately, these non-cash benefits do not help pay for groceries, childcare, utility bills and mental and dental expenses for family members that exceed TRICARE limits.

One of the reasons that military members are financially chal-

See Marriage, Page 14





## Community news briefly

### IACH offers breast-feeding

Irwin Army Community Hospital offers breast-feeding education classes 1 to 2:30 p.m. every third Wednesday of the month in the dining facility classroom in the hospital basement and once each quarter during Pregnancy Physical Training class.

The classes cover a variety of topics, including breast anatomy, lactation physiology and nutrition.

Local community breast-feeding support is available through the Healthy Start Home Visitor Program, LaLeche League, the Women, Infants and Children Program, Flint Hills Breastfeeding Coalition and the Family Connection Program.

Breast-feeding information and support also is available at Irwin Army Community Hospital. Assistance is available by calling 239-7164.

## Marriage

continued from page 13

three six- to seven-month deployment increases are being eroded by skyrocketing health costs that account for 28 percent of their compensation. Hence, while military compensation may have increased by 29 percent since 2000, health care costs alone increased 69 percent in that time to \$23 billion in 2004. As a result of these increases, military quality of life and the ability of families like your own to pay their daily bills has not improved accordingly.

According to the GAO report, the wages your husband earns to support you and your children are supposedly "competitive" with private sector wages, exceeding salaries or wages of 70 percent of Americans of similar age and education. When comparing what military personnel make in relation to their civilian counterparts, however, GAO not only failed to compute "overtime" pay earned by many civilian employees, but also did not identify certain critical differences associated with "human costs" paid by military families.

Given current rotation schedules, Marines can face up to

three six- to seven-month deployments to Iraq in the course of a four-year enlistment. This 18- to 21-month time in Iraq can be exceeded by Soldiers, some of whom are already on their second 12-month deployment in four years.

Would those who wrote the GAO report lead us to believe that the \$15,000 to \$20,000 in bonuses that military personnel are being offered are "competitive" with private sector bonuses for unaccompanied employment in Iraq?

How much value would GAO attach to each of the 14 Marines who died in one day while riding in their poorly armored AAV?

When a servicemember is killed and his family is given \$400,000 in Servicemen's Group Life Insurance benefits, how long will that amount sustain a mother with three small children?

As a chaplain who was deployed at sea for 20 months during a particular 24-month tour of duty, I witnessed many marriages dissolve and cause tremendous pain and suffering. If a servicemember loses his

wife and three children who cannot cope with his being away, how much money from his "competitive" military salary will go into paying child support for his three children until they are 18?

As a result of his divorce, how much of his retirement pay will he collect after a 20- to 30-year career when half of it will be going to his former spouse?

These are just a few of the "human costs" that were never factored into the GAO report when they compared deployable military personnel who have very high divorce rates with civilians who do not face the challenges that young military families like your own deal with on a daily basis.

While retirement benefits are critical in promoting retention, I believe more up front cash compensation is also needed if servicemembers like your husband will continue to risk their physical lives and their married and family lives.

Recruiting and retention figures in the upcoming months will determine if, in fact, this belief is valid.



Bill Powers, chief of the Soldier and Family Support Center, sprays a water gun at participants attempting to "dunk" him at the Ja-ma-i-a Me Clean Luau Aug. 6.  
Post/Perrin

## Luau

continued from page 13

which was open to students who had completed sixth grade up to eighth grade, as a way to motivate the students to remain drug free. The children attending the event are at a high risk of starting to use drugs because of their age, said Bill Powers, chief of SFSC.

"The national average for children to start using drugs is between 9 and 11 years old," Powers said.

In the past, the luau was hosted

at a pool. It was moved to the Teen Center this year to allow the students more events than swimming, Sizemore said. She said it is also a good way for the students to become acquainted with her before she attends their schools in the fall to talk about drug awareness.

Some participants received prizes, including water guns, swimming goggles and beach towels.

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# Low participation darkens 'night out'

By Eric Steggeman  
ESU intern

The heat and some scheduling problems took a toll on attendance at Fort Riley's National Night Out Against Crime observance Aug. 2 at the Teen Center.

The plan was to raise community awareness about emergency service organizations on post in a safe and enjoyable atmosphere for children and adults. Representatives of the emergency support teams and community action organizations on post showed up to do that by providing demonstrations and sharing information with Fort Riley families.

Afternoon temperatures surpassed 100 degrees and participants blamed that for keeping a lot of families away. The heat even caused one demonstration to be cancelled.

The 523rd Military Police Detachment canceled its 1 p.m. K9 demonstration because the hot weather was dangerous for the dogs. The weather had cooled enough by 6 p.m. to allow a demonstration and give visitors a chance to see how closely MPs work with animals to help prevent crime.

Attendance improved as the day cooled some and children showed up at the Teen Center in the late afternoon and early evening. "The problem was in the timing," said Staff Sgt. Michael Barnes of the Provost Marshal's Office. Barnes coordinated the

annual event.

"We had a great response from the staff and the organizations. They all showed up like they said they would and stuck around. It's just that none of the families showed up (during the afternoon hours)."

A Manhattan department store sponsored a basketball shoot-out competition for kids ages 4 to 15. Kids were divided into three age groups and competed for basketballs autographed by the Kansas State University men's basketball team.

The age groups were for kids 4-6, 7-10 and 11-15. Tristan Flagg, 12, won first place in her age group, and Logan Barnes, 12, won second place.

DeAnthony Kirby, 6, won a full-sized basketball for finishing first in his age group. There were no participants in the 7-10 age group.

The store also gave away two backpacks containing about \$100 in school supplies and the Post Exchange gave away two bicycles.

Tables were set out in the Teen Center gymnasium to showcase a number of Fort Riley's community action programs, including D.A.R.E. officers, the post game warden, representatives of the Fort Riley Veterinary Clinic, the animal control officer, and an MPI Victims Advocate to encourage crime prevention and raise awareness of potential unlawful activities in the community.

Operation Holidays, a non-prof-



Post/Steggeman

Logan Barnes (left), 12, and Zackary Rhodd, 12, take a break from the hot weather to shoot some pool at National Night Out.

it organization dedicated to sending relief to Soldiers overseas, sold refreshments in a bake sale.

The Fort Riley Veterinary Clinic offered informative tips about pet ownership and Fort Riley Animal Control gave advice on how to care for outdoor dogs during the hotter days of late summer.

Spc. Jessie Arbury, North Plains District Veterinary Command, Fort Riley Branch, with her assistants, had many animals available for adoption. Through a bit of miscommunication, however, many animals did not get adopted.

"I think (the event) could have been more successful if it had a

broader spectrum of advertising," Arbury said. Her commanding officer had not been informed of a change in schedule made a week before and called the adoptable animals back about three hours before the National Night Out event was actually over, Arbury said.

"But other than that, I thought it was pretty awesome. It was probably educational to a lot of kids."

By 4 p.m., many of the visitors were teenagers and children who had either volunteered with NNO or were partaking in youth activities at the Teen Center. That is why the Teen Center was chosen as the event's location, to draw in the younger crowd, Barnes said.

Soldiers at demonstration stations outside came inside to play pool and basketball with the kids and to relax and cool off.

Gradually the teens dispersed throughout the events, testing their skill on the Fort Riley Bike Patrol's bicycle safety course and gauging their pitching speed with radar guns provided by the traffic section of the Provost Marshal's Office.

"When it comes right down to it, this is what National Night Out is about," Barnes said. "People just coming together as a community and having fun. They get something out of it ... but the point is to bring people together."

The day's events came to a

close with the arrival of a fully equipped Lifestar Helicopter landing just beyond the Fort Riley Fire Department's fire truck display at 6:15 p.m. Teens and children had a chance to climb into the cockpit and see the state-of-the-art technology carried aboard the \$2.5 million helicopter.

"We were on call," said Dave Stultz, a flight paramedic stationed at the Junction City airport. "We had just finished up a run to Topeka. Our pilots work 12-hour shifts, but the medical staff is on call 24 hours a day."

Stultz showed observers around the interior of the aircraft and told several stories about what the crews have done. The Lifestar emergency evacuation helicopter cruises about 140 miles per hour and can support a patient up to 350 pounds and the three-person flight crew, Stultz said.

The crews handle many transport jobs, but their longest flight was between Council Grove, Kan., and Omaha, Neb., for a liver transplant. The average price of a flight, Stultz said, ranges from \$6,000 to \$7,000.

"I'm really glad with how everyone came together to make things work," Barnes said once the crews began breaking down their displays at 7 p.m. "I wish more people had come to see it. Everyone was here, and they put a lot into everything."

CENTERSTAGE NEXT STEP  
2 x 2.5"  
Black Only  
2x2.5 Fall Classes

CITY OF MANHATTAN  
2 x 3"  
Black Only  
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THE PATHFINDER  
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BANK OF AMERICA-AFC  
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Black Only  
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## Community news briefly

### Family group courses offered

**Aug. 15** – FRG Leader Basic Course, 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m.

**Sept. 22** – FRG Funds Custodian training, 6:30 to 8:30 p.m.

Classes will be held at the Soldier and Family Support Center, Building 7264. Free childcare is available; parents must bring the child's shot record. Pre-registration is required for the class and childcare.

To register or for more information, call 239-9435.

### School, sports physicals set

School and sports physicals are being offered on Aug. 13 at Irwin Army Community Hospital. The completed parent's portion of the physical form and the child's shot records will expedite the visit.

Forms are available at the Patient Assistance Desk in the main entrance of the hospital. Special needs and CDC physicals will not be offered at this physical fair, but will be done on an individual basis through Primary Care Teams.

For appointments, call 239-3627 or (888) 239-3627.

### Annual women's conference set

Co-Pastor Josephine Urquhart of Leesville, La., will be ministering at the second annual women's conference sponsored by Fort Riley's Morris Hill Gospel Service Covenant Women at 7 p.m., Aug. 19 at the chapel, 8:30 a.m. Aug. 20 at the Courtyard by Marriott in Junction City and at 11 a.m. Aug. 21 at the chapel.

The theme for the conference is "Divine Intervention 4 A Victorious Attitude."

Those who plan to attend are asked to call Lisa Ramsey at Morris Hill Chapel, 239-4814, or Carla Nwoga at (785) 717-2921 or e-mail [pinwoga@yahoo.com](mailto:pinwoga@yahoo.com).

### Auto repair class scheduled

A basic auto repair class is scheduled at the Fort Riley Automotive Skills Center on Custer Hill from 6 to 7 p.m. Aug. 18.

For more information, call 239-9764.

### Library opens pages on fun

Saturday storytimes at the post library, Building 5306 on Custer Hill are devoted to dogs this month. Participants are asked to bring photos of their dogs when attending the storytimes for a bulletin board honoring these loyal pets.

Storytimes are conducted at 1:30 p.m. every Saturday. This month, the library staff features stories about "Clifford the Big

Red Dog," the "Pinkerton" series by Steven Kellogg, wordless picture books about "Carl" the family dog and the true dog stories of Dr. James Herriot.

The story is about Ike, a loyal but misunderstood family dog that has been passed to the Igor Brotweiler Canine Academy for obedience training.

The book, "Dear Mrs. Larue, Letters From Obedience School," contains Ike's letters pleading for his owner to rescue him from the awful place. The book's illustrations, however, reveal he's really living it up at dog camp.

All children accompanied by an adult are welcome at Saturday storytimes. For more information, call 239-5305.

### Crafts center classes posted

**Aug. 13 and 14** – 2 to 4 p.m., Introduction to black and white photography

**Aug. 14** – 1 to 4:30 p.m., Scrapbooking get-together

**Aug. 15** – 6:30 to 8 p.m., Wood safety orientation

**Aug. 16** – 6:30 to 8:30 p.m., Wood class (outdoor swings or gliders)

**Aug. 16** – 6:30 to 8:30 p.m., Ceramic mold pouring

For more information, call the Arts and Crafts Center at 239-9205.



Soldier Show performers conclude the evening with a song written by Army Sgt. 1st Class Jamie Buckley.

Post/Blackmon

## Show

continued from page 13

Soldier Show attendee Lynette Lee said she has attended the performance over the last 20 years and enjoyed that this year's show was more children-oriented.

Soldiers of the 116th Military Police Company at Fort Riley served as ushers for the event and helped with the set-up and take down.

Maj. Gen. Dennis Hardy, commander, 24th Infantry Division (Mech) and Fort Riley, presented the Soldier entertainers with a buffalo statue memento and a vocal "HOOAH" following the Aug. 4 performance.



Post/Blackmon

Sgt. David Linson II (left) and 1st Lt. Heather Gross play instruments during the Soldier Show.

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## Kansas sets traffic poster contest

By Kim Stich  
Special to the Post

Kids ages 5 to 14 in Kansas are encouraged to enter artwork for a statewide poster contest urging drivers to "Put the Brakes on Fatalities Day," Oct. 10.

The contest is part of a nationwide effort to reduce traffic fatalities by urging motorists to take extra precautions when driving or riding in vehicles. More than 1,100 Kansas kids participated in the contest during the past two years.

A total of 18 regional winners in the six regions and age groups (ages 5 to 8, ages 9 to 11 and ages 12 to 14) will each receive a bicycle donated by Wal-Mart stores in Topeka, Salina, Hays, Chanute, Hutchinson and Garden City and a helmet donated by Safe Kids Kansas.

Three statewide winners (one

in each age group) will receive family packages at the Courtyard by Marriott hotel in Junction City, the Capitol Plaza in Topeka or Embassy Suites at Kansas City International Airport with passes to historical places in those cities.

All entries must be postmarked by Sept. 9 and should be mailed to: AAA Kansas, Public Affairs, 3545 SW 6th Street, Topeka, KS 66606.

On the back of the 8 1/2 by 11-inch paper entry must be the child's full name, age at time of entry; mailing address; county; a parent's name; and contact phone number.

For more information, go to KDOT's Internet main Web site page at [www.ksdot.org](http://www.ksdot.org).

Traffic crashes are the leading cause of death in the United States for people ages 6 to 33. About 117 people die each day on the nation's roadways.

Do you have a community story idea to share?  
Call the editor at 239-8854. Let's talk.

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# Army captains win state beauty pageants



Courtesy Photo  
**Capt. Jeannie Deakne is crowned Mrs. Texas International May 22. She came in 11th at the Mrs. International pageant July 23.**

**By Rey Guzman**  
*Army News Service*

WASHINGTON — A pair of female Army captains temporarily traded in their camouflage uniforms and combat boots for evening gowns and high heels and entered and won each of their state beauty pageants.

First Cavalry Division Company Commander Jeannie Deakne and Army Reserve Capt. Rose Lopez-Keravuori, both competing in their first pageants, claimed the "Mrs." crowns.

Deakne, who applied for the Mrs. Texas International pageant while deployed in Taji, Iraq, won the competition May 22. Lopez-Keravuori was named Mrs. Virginia America May 1. The contestants claim it was the first time two Army officers were named state beauty pageant winners the same year.

"I think it's great," said Lopez-Keravuori, a West Point graduate who is now a military-intelligence consultant for a private, contracted firm. "It shows that you can be an Army captain, go to Iraq, like Jeannie did, and still come back and do a pageant, speak in public

and look good."

Lopez-Keravuori, who serves as a military intelligence captain in the Army Reserve, said that her desire to compete in pageants came after speaking with a woman who was familiar to pageant competition.

She admitted that she initially felt isolated from the other contestants because of her experience as an Army officer.

"I think my state director was initially scared when she saw my application because she thought I was going to present (myself) differently," Keravuori laughed.

"(But) for the other ladies that were there, I think it was more about admiration because it was kind of unusual for a military person to present at a pageant. I think they were just really curious about my experience in the military, so I got a lot of questions about that."

Deakne, who finished 11th in the Mrs. International pageant July 23, said she received similar treatment from other contestants in her pageants.

"When they found out I was in the military, they were very appreciative of what I have done and what other Soldiers were currently

doing," Deakne said.

"But at the same time," she added, "I don't think they perceived me as being any kind of real competition, not so much because I was in the Army, but just knowing that I was completely inexperienced when it came to the pageant process."

Deakne said that the perception that she was not "real competition" made the experience of competing in her first pageant much easier, especially because her initial motive for entering the pageant scene was to do "something outside of my comfort zone."

The two women agreed that the competition process was unlike any they had done before, but found aspects of their military experiences helped prepared them for the state crowns.

"I think just by virtue of being an officer in the Army, I am challenged with being able to articulate things to my Soldiers," Deakne said. "That helped me with the interview (process)."

Both Army captains and pageant winners share many similarities apart from their military ranks. Both won the first beauty pageants they competed in by win-

ning the "Mrs." title, both hail from the district of Arlington in their respective states and both are married to Army captains.

The two women also share a passion for the causes they have represented in their pageants, though the causes are different.

Keravuori has recruited education as her platform, advocating for what she calls the three "Rs" - resources, role models and rewards. She has called for an improvement in the resources made available to parents and teachers as they serve as role models to educate their children and students. She has also spoken of the necessity of pointing out the rewards and benefits of an education to students, to help motivate them to strive for the highest possible levels of success.

Deakne has chosen the Lupus Foundation as her platform, a cause that she has been involved with since her mother was diagnosed with the disease about eight years ago.

"My mom really is (an inspiration)," Deakne said, "and she has been wonderful."

Deakne said that she hopes that her platform brings greater

public awareness of the Lupus disease and efforts being sought to help find a cure.

She said that there is a pending bill in Congress that seeks to increase federal funding for Lupus research and that federal government employees will soon be able to contribute financially to the Lupus Foundation through the Combined Federal Campaign.

Deakne said CFC deducts a specific amount set by the employee during each pay-cycle and is donated to one of several approved charities. CFC will be in "open enrollment" status from September through December.

Deakne also said she hoped people learned more about the National Public Policy Summit on Lupus held in Washington through her platform, and that it helps increase interest in a proposed national Lupus patient registry, which already exists in some states.

Both pageant contestants have designed Web sites to allow people to learn more about their platforms. Lopez-Keravuori's Web site can be reached at [mrsvirginia2005.com](http://mrsvirginia2005.com). Deakne's Web site can be reached at [jeannedeakne.com](http://jeannedeakne.com).

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3x10.5 New Horizons









# Travel & Fun in Kansas

Friday, August 12, 2005

America's Warfighting Center

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## Leisuretime ideas

### At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under.

Children under the age of 5 are free except during children's matinees or expected sell-outs.

**Aug. 12, 14** – Dark Water (PG-13)

**Aug. 13, 18** – Rebound (PG)

**Aug. 19, 25** – Fantastic Four (PG-13)

**Aug. 20** – The Island (PG-13)

**Aug. 21** – High Tension (R)

**Aug. 26** – Bad News Bears (PG-13)

**Aug. 27** – Charlie and The Chocolate Factory (PG)

**Aug. 28** – The Devil's Reject (R)

For more information, call 784-2226 or 784-2640.

### Manhattan:

**What:** Arts in the Park

**When:** 8 p.m. Vaughn Bolton Orchestra (big band) performs Aug. 12; Billy Dean (country) performs Aug. 13.

**Where:** City Park

**Admission:** Free

### Herington:

**What:** Children Appreciation Day. Children's fishing tournament, pie fight contest, street carnival, dunk tank and children's money rush.

**When:** 9 a.m. to 8 p.m. Aug. 20

**Where:** Day, Broadway and Walnut streets

**Phone:** (785) 258-2115

**Admission:** \$5 children, \$6 adult pie contest when registered by Aug. 19. \$6 children day of, adults \$7

### Lawrence:

**What:** Civil War on the Western Frontier. Living history events that focus on historic Lawrence and Douglas County during the early Territorial days and the Civil War.

**When:** Aug. 13-21

**Where:** Citywide

**Phone:** (785) 865-4499

**Admission:** Free

### Effingham:

**What:** Atchison County Fair. Parade, 4-H/FFA and open class exhibits, games, carnival rides, food and livestock auction.

**When:** Aug. 16-20

**Where:** Atchison County Fairgrounds

**Phone:** (913) 833-5450

**Admission:** Free

### Salina:

**What:** Tri Rivers Fair, Rodeo and Draft Horse Show. Parade, draft horse show, rodeo, demolition derby, carnival, commercial booths, 4-H competition and exhibits.

**When:** Through Aug. 14

**Where:** Saline County Expo Center

**Phone:** (785) 827-4425

**Admission:** Varies

### Meriden:

**What:** Funfest. Parade, children's games, dunk tank, street dance and food vendors.

**When:** 2 p.m. to midnight Aug. 13

**Where:** Downtown

**Phone:** (785) 863-3072 or (800) 896-5198

**Admission:** Free

### Washington:

**What:** Kansas Junior Rodeo Association State Finals.

**When:** 9 a.m. to 5 p.m. Aug. 13-14

**Where:** Fairgrounds

**Phone:** (785) 325-2027

**Admission:** charged

## 4-H photos displayed in Junction City

By Gail Parsons

Special to the Post

The Geary County 4-H photography project continues to produce quality photographers, as evident in the superb selection of photos that earned purple ribbons at the county fair in July.

The Junction City Arts Council will exhibit nearly 50 of the 4-H photographs taken by area youth through the end of August. The exhibit includes color, black and white and computer enhanced photography.

Photography superintendent and project leader Sheryl Gaines-

Meyer of Milford said after judging 4-H photography in another county, she will attest to the high skill level of local youths.

"Geary County 4-H'ers do an amazing job on their photography. I think the entire exhibit as a whole is just superb," she said.

This year's entries and photos picked for the art council exhibit show subject matter running the gamut of the imagination and the world seen through the eyes of Geary County youth. Stunning landscapes and brilliant sunsets, the emotions of people, animals, fire and water combine to make the exhibit worth a second look if

you have already seen it at the fairgrounds.

"Many of (the photographs) are

well beyond what you would expect from someone of their age and experience," Gaines-Meyer

said.

As a 4-H photography project leader, Gaines-Meyer started a county photography club that meets four times a year. Its next meeting will be at 7 p.m. Oct. 7 at the Geary County 4-H/Senior Citizen's building, 1107 S. Spring Valley Road.

The meeting is open to everyone. She also leads several photography field trips.

This photo, titled "Shoshone National Forest" and taken by Chester Steinfert, is one of the many 4-H fair winning entries being exhibited at the Junction City Art Gallery through Aug. 29. Post/Heronomus



## City gallery offers nature printing class

Special to the Post

Capture the beauty of the colors and intricate design of nature in a class on nature printing Sept. 17 at the Junction City Art Gallery.

Participants in this class will use leaves, flowers and an assortment of produce to create prints suitable for framing. The printing technique can also be used to create unique greeting cards, decorative mats for framed pictures or making one-of-a-kind wrapping paper.

During the class, the basic techniques of nature printing with paints and inks will be taught. After the techniques are taught, participants will have time and opportunity to practice with a variety of plant materials and art mediums.

Once comfortable with the technique, which is not difficult to learn, they can begin creating their own print. Several examples



JCAC/Parsons

The Junction City Arts Council will teach anyone interested how to make nature prints.

and pictures will be available for inspiration.

Two classes will be held, one at 2 p.m. and one at 6 p.m. Due to limited space at the Art Gallery, 107 W. Seventh St., pre-registration is suggested.

A \$10 fee will cover the supplies needed to create a print.

## What's so big about Kansas?

The wide-open spaces in Kansas allow people to dream and make big things happen, state tourism officials claim. The "Kansas. As big as you think" message is found at attractions throughout the state, including:

### Big Animals

The state animal, the buffalo, still roams the plains of Kansas and can be found at several of the state's wildlife refuges. Visitors to two of these, the Finney Game Refuge in Garden City and the Maxwell Game Preserve in Can-

ton, can get an up-close look at these majestic creatures that can grow to six feet tall and weigh up to 2,000 pounds.

### Big Rocks

Rock City near Minneapolis has more than 200 giant sandstone concretions (large round rocks), some as large as a house, on view in a field as large as two football fields. Visitors won't find this many giant concretions anywhere else in the world. The geological wonders are left over from the inland ocean that once covered

part of the state. It's now a designated national landmark.

### Big Shovel

The second largest electric coal shovel in the world can be found at West Mineral. Big Brutus, as it's fondly called, sits in the heart of a former coal mining region of Kansas.

Visitors can even climb to the top of the boom - 16 stories high.

Check out these and other attractions on the Kansas Travel & Tourism Web site, [www.travelKS.com](http://www.travelKS.com).

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3 x 10.5"

3X10.5 Valentines 8/12 6683 ml

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